



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-AUGUST-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Cran-Orange Juice Sage Stuffed Chicken Mashed Potatoes Peas & Diced Carrots Oatnut Bread Apple Oatmeal Bar	2	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Orange	3	Mariner's Clam Chowder Seafarer Salad on Whole Grain Bun Baked Sweet Potato Fresh Apple	4	Apple Juice-1/2 c. Hamburger w/Broth Sliced Tomatoes Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Strawberries on Biscuit w/Whipped Topping	5	Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Broccoli Cranberry Sauce 100% Whole Wheat Bread Peaches
8	Macaroni & Cheese Stewed Tomatoes & Zucchini Garden Salad w/Cucumbers /Sliced Tomatoes Italian Dressing Wheat Bread Fresh Apple	9	Cran Raisin Chicken Salad Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Watermelon	10	Roast Beef w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Florets 12-Grain Bread Fresh Orange	11	Country Vegetable Soup Garden Salad Greens Cherry Tom./Cucumbers/Onions w/Grilled Chicken Strips Cheddar Cheese Italian Dressing Saltines Crackers Blueberry Pomegranate Oatmeal Bar	12	Alaskan Pollock w/Seafood Sauce Rice Medley Sliced Carrots Wheat Dinner Roll Mandarin Oranges
15	American Chop Suey Capri Blend Vegetables Spinach Salad w/Mandarins Raspberry Vinaigrette Dressing 100% Whole Wheat Bread Fresh Apple	16	Cream of Asparagus Soup Chicken Caesar Salad w/Spring Greens Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Croutons Caesar Salad Dressing Dinner Roll Fresh Banana	17	Roast Pork w/Gravy Orzo Pilaf Broccoli Florets Pumpnickel Bread Fresh Apple	18	Cran-Apple Juice Turkey Meatballs w/Sweet & Sour Sauce Brown & White Rice Sicilian Blend Vegetables 12-Grain Bread Chocolate Pudding w/Whipped Topping	19	Salisbury Steak Scalloped Potatoes Spinach 100% Whole Wheat Bread Fresh Orange
22	NATIONAL EAT A PEACH DAY! Chicken Pot Pie w/Peas & Corn Summer Salad Greens w/Sliced Tomatoes & Sliced Cucumbers Ranch Dressing Fresh Peach	23	Stuffed Cabbage w/Marinara Sauce Brown Rice Beets Rye Bread Fresh Orange	24	Roast Turkey w/Gravy Cut-Up Sweet Potatoes French Style Green Beans 100% Whole Wheat Bread Fresh Banana	25	Turkey Vegetable Soup Country Fried Steak Baked Potato California Blend Vegetables Oatnut Bread Fresh Apple	26	Taco Wrap:Ground Beef Shredded Cheese Shredded Lettuce Pinto Beans & Rice Diced Tomatoes Taco Wrap Fresh Orange
29	Stuffed Pepper Mashed Potatoes Brussel Sprouts Dinner Roll Fresh Orange	30	Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie	31	Italian Sausage & Red/Green Peppers w/Italian Sauce Ziti w/Italian Sauce Italian Mixed Vegetables Italian Bread Sliced Peaches	<p>To reserve a meal Call 763-7428 by noon the day before</p>		<p>IT'S SUMMER!</p>	

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**